

City of Greenville's Aquatics and Fitness Center Presents

# Senior Strength

**This safe & fun program will help:**

- \*Build stronger bones, ligaments and tendons**
- \*Improve balance and coordination**
- \*Control your weight more effectively**
- \*Improve sleep quality**
- \*Give you more energy and stamina**
- \*Improve your appearance**
- \*Reduce your risk of injury**
- \*Increase your strength**

**Mondays and Wednesdays**

**10:45 – 11:15 am**

**April 12 – May 31**

**\$25 for non-members**

For more Information contact the  
Greenville Aquatics and Fitness Center, 921 Staton Road  
252-329-4041